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Swedish Council for Higher Education

The Swedish Council for Higher Education (UHR) is a public agency that facilitates skills attainment for Sweden's current and future needs.

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## Folk high school

An option for adults wishing to study at the upper secondary school level is the Swedish folk high school. You can take classes for the purpose of further education in a specific area, or as preparation for university studies.

The folk high school has a long tradition in Sweden. The first one was founded in 1868 and there are currently about 150 folk high schools, most located in the countryside.

### How does folk high school work?

Courses offered at folk high school can be anything from a one year course to a summer class. You have to be 18 years of age or older to study at a folk high school and you can even distance study.

There is no tuition cost at a folk high school, but you will need to pay for course literature, materials, food and housing. You can apply for financial aid from the Swedish Board of Student Finance (CSN).

[Find out more about the Swedish folk high school](#)

[Find financial aid information at CSN](#)

### Course content can vary

Every folk high school decides what courses they'll offer and how they'll plan their teaching.

### General courses

General courses are an alternative to municipal adult education (komvux). You can study these courses in order to be eligible for studies at a university or university college. These courses are comparable to and give the same eligibility as secondary school or upper secondary school. After the completion of each course, the student receives a student assessment (studieomdöme).

[Find out more about eligibility for bachelor's level courses](#)

### Specific courses

Specific courses are offered in special areas of interest or professions, such as music, art or recreational leadership. At the end of the course, the student receives a course certificate.

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## Contact

Swedish Council for Higher Education

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- [Universityadmissions.se](https://www.universityadmissions.se)
- [Antagning.se](https://www.antagning.se)
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